

# Tall Timbers Newsletter



Strive to Achieve

BULAHDELAH CENTRAL SCHOOL

A PRIDE School

Term 4 Week 6 Issue 17

10<sup>th</sup> November 2014

## ➤ GREAT NEWS INSIDE

- \* Getting students to school on time
- \* Show Presentation results
- \* Primary Captain nominees 2015
- \* Removing head lice
- \* 2015 & 2016 Term dates
- \* BCS Melbourne Cup Day
- \* Remembrance Day

## ➤ BCS SCHOOL PROGRAMS

**healthykids**  
eat well, get active



## ➤ VALUE OF THE WEEK

**Respect.** We respect the rights of others, ourselves & the school in an environment of harmony & personal responsibility. Do you respect yourself, respect others & take responsibility for your own actions?

# REACT, RESPOND, REPORT!



On Friday 31<sup>st</sup> October, students in the Primary school were encouraged to wear something red to school. This was part of a National Day organised by the Daniel Morcombe Foundation. This foundation was set up by Daniel's father and mother, Bruce and Denise Morcombe, to

remember their son who was abducted and murdered in December 2003 in Queensland. The foundation coordinates school activities to educate students with regards to strategies to protect themselves. An age appropriate DVD was shown to each Stage during the day.





**Day for Daniel** OUT red, Red, READY for **Friday** **OCT 31st 2014**  
**Wear Red and Educate**

Students also brought in silver coins for a 'coin line'. This line extended to 54 metres and raised **\$230.85** for the foundation. Ms Vella coordinated the day and was very pleased with the response from staff and students.

Parents can now follow this activity up by organising a 'password' (something like your favourite food – lasagne, for example. If a person says they are meant to pick you up, test them on the password) with their family.



# Getting kids to school ON TIME!

***Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late.***

***"Come on Jack! Get a move on. School starts in ten minutes and you're not even dressed yet!"***

If this scenario sounds familiar then you are not alone. Anecdotal evidence suggests that getting children to school or pre school on time can be one of the most difficult tasks for parents.

Missing a few minutes each day may not seem like a big deal but your child may be missing more than you realise if he or she is continually late. Current research shows that mornings for most children are the most productive time of the day with 10.00am the peak period for productivity. When children arrive late and take time to settle as they inevitably do precious minutes are lost. A child who is fifteen minutes late to school each day misses one week of school every year.

How can you get your dawdling kids out the door without yelling yourself hoarse? Here are a few techniques and ideas for you to try to get your punctually-challenged children to school on time:

✓ **Establish a morning routine.**

Make sure your children know what is expected of them in the morning, and also what you will do. Resist nagging but be willing to take them to school even if they haven't fully prepared for the day.



✓ **Identify and remove distractions such as television.**

If the children are regular watchers before school change the routine and keep the TV off. It should only be turned on when children are completely ready for school.

✓ **Teach some of the basics of time management.**

The average adult underestimates by about 25 per cent the time it takes to do various jobs. Make sure you have realistic time estimates and stop packing so much into the time you allocate. Encourage older children to estimate how long it takes to do activities such as getting ready in the morning. Then they can measure the time taken to do these tasks and compare their estimates with real time.

✓ **Arrive at school ten minutes early.**

Plan to arrive at school early rather than be there on time. This idea works well for perpetual latecomers, whether young or old.

✓ **Model a good routine.**

Its pointless expecting children to be organised in the morning if you are in a muddle yourself. Set a good example by being as methodical as possible and avoid sleeping in unless your children are so organised that they get you breakfast in bed. And pigs might fly as well!

Published by Michael Grose  
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➤ **BCS REL. DEPUTY  
PRI. PRINCIPAL:**

Over the past four weeks, our sixteen Captain nominees for 2015 have been engaged in the leadership process. Their first official role was to buddy with the pre-schoolers during Kindergarten Orientation. Their written nomination forms have been submitted and covered a range of criteria including school and community contribution and a general statement. As you can see their general statements have been published in this newsletter. During the interview process, nominees were questioned about their commitment to their leadership role including personal effort in classroom activities, following school rules, displaying the Bulahdelah Central School PRIDE values and respect for our school uniform. Students were also given an opportunity to ask questions about the leadership role and express concerns they might be experiencing.

Student speeches were held on Monday, 10<sup>th</sup> November, during the K-6 assembly.

The Daniel Morcombe Day was a great success. Thank you to the organiser, Ms Vella, and classroom teachers for teaching an important message to our students about child safety. Students were enthusiastic about contributing to the coin trail and wore red to signify their understanding about the importance of child safety.

Several students were invited to attend the Bulahdelah Show Presentation evening on Wednesday, 5<sup>th</sup> November. Thank you to Mrs Fenning for her organisation and attendance at the presentation evening and to class teachers for their efforts in supporting their students in creating outstanding writing samples and artworks which attracted some excellent results.

**Early Stage 1**

Category	Place	Name
Line Drawing	2 <sup>nd</sup>	Aiden Miles
	H/C	Corey Cunningham
Painting	1 <sup>st</sup>	Alex Lucas
Collage	H/C	Charlie Garemyn Braydan Rooney

**Year 1**

Category	Place	Name
Line Drawing	H/C	Jayden Brown
Painting	1 <sup>st</sup>	Jayden Brown
	3 <sup>rd</sup>	Lillian Jenkins
	H/C	Daisie Wheaton
Writing	2 <sup>nd</sup>	Drew Lawrence

**Year 2**

Category	Place	Name
Writing	2 <sup>nd</sup>	Maggie Cunich
	H/C	Oliver Gibbs Kurtis Barry

**Year 3**

Category	Place	Name
Line Drawing	1 <sup>st</sup>	Blake Lucas
	3 <sup>rd</sup>	Isabell Read
Writing	2 <sup>nd</sup>	Reef Mirisch

## Year 4

Category	Place	Name
Line Drawing	1 <sup>st</sup>	Abby Whitfield
	H/C	Aria Brown
Painting	1 <sup>st</sup>	Tayla Hartley
	H/C	Bailey Middleton
Collage	1 <sup>st</sup>	Taylah Smith
	2 <sup>nd</sup>	Bailey Middleton
Writing	1 <sup>st</sup>	Marni Barry
	2 <sup>nd</sup>	Tahlia Read
	3 <sup>rd</sup>	Taylah Smith
	H/C	Aria Brown Anjoli Luxon
Public Speaking	2 <sup>nd</sup>	Anjoli Luxon

Congratulations to all our entrants and our award winners.

Primary teaching staff have continued with professional learning sessions by spending three full days last week investigating the new mathematics syllabus and continuum. The new syllabus will be implemented in 2015 in all Primary classrooms and will also be reflected in reporting to parents.

A reminder to students and parents, swimming notes for Years 3 -5 sport have been sent home. Swimming begins this Wednesday and all students in Years 3 to 5 are expected to attend as part of the PDHPE Key Learning Area. Children will be graded according to their ability levels. Specific skills will then be taught and developed over the 5 week period. Notes and money are to be handed in to the school office.

A reminder also, that Kindergarten enrolments are now being accepted.

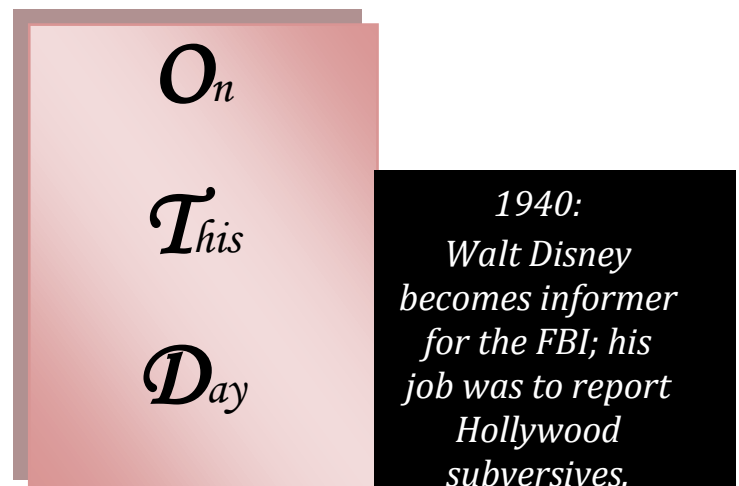
Finally, welcome back to Mrs Graham, who returned on Thursday, 6<sup>th</sup> November, from two and half weeks of long service leave. We trust you had a relaxing and enjoyable holiday.

## Year 5

Category	Place	Name
Line Drawing	H/C	Jack Cunich
Painting	2 <sup>nd</sup>	Jake Howarth
Collage	3 <sup>rd</sup>	Jacob Allen
Writing	2 <sup>nd</sup>	Shannon Powick
	3 <sup>rd</sup>	Harry Plummer
	H/C	Finlay O'Connell
Public Speaking	1 <sup>st</sup>	Finlay O'Connell

## Year 6

Category	Place	Name
Line Drawing	3 <sup>rd</sup>	Bridie O'Connell
	H/C	Makayla Faulkner
Painting	1 <sup>st</sup>	Bridie O'Connell
	2 <sup>nd</sup>	Georgia Ryan
	H/C	Thomas McNerney
Collage	1 <sup>st</sup>	Olivia Smith
	2 <sup>nd</sup>	Bridie O'Connell
	H/C	Natarlia Faulkner



## ➤ PRIMARY CAPTAIN NOMINATIONS:

The following students have nominated to run for Bulahdelah Central School Primary captains for 2015. Each of these students will be interviewed by the School Executive to assess their suitability

for the role of captain. Students will vote for eight captains (regardless of gender), two captains for each term. Voting will be next week. Here are our nominees:



**Ryen Brown**

I will try to be one of the best Captains. I will keep helping teachers and stop the littering.

**Tarryn Clifford**

I would be proud to represent Bulahdelah Central School in 2015. I would be available to talk and help out our younger students. I enjoy all sports at our school and also I am part of the choir. My favourite subjects are cooking, gardening, maths and reading.



**Jack Cunich**

I think I will be a good leader. I can't promise no bullying but I will make it better. I will help other students with tasks they don't understand and work with the teachers to make our school a great place.



### **Angus Devon**

Coming to Bulahdelah Central School has been a major change in my life coming from a small school with 60 students to a school that combines Primary and Secondary where there are nearly 60 students in two classes, which have been a few more people to interact with. With more students of all ages brings more opportunity for friendships and my education. I am proud of my achievements since I have been here and will continue to represent this school with Participation, Respect, Innovation, Determination and Excellence.



### **Annika Johns**

I came here this year in Term 2 but I had wanted to be a School Captain for a long time. I care for my school and people's learning. Same goes for respecting and participating in all school activities.

### **Jai Jones**

As the eldest boy in my large family, I am given a lot of responsibility. I'm willing to do my best at everything asked of me. I believe that I could be the best School Captain that BCS has ever seen. I am determined to be a good role model and show respect and pride for my school.



### **Khloe Middleton**

I think I would be a great School Captain because I am very good with little children. I will help the new Kindergarten students with some school rules and what not to do. I am very caring and will treat teachers and students with respect.

**Seleana Murphy**

I would love to be a Captain in 2015, because I believe that I'm a good role model. I'm a caring, sharing sort of person who almost all the time is happy. I also know that I will complete any task thrown at me with the best of my ability.



**Finlay O'Connell**

I love helping people and I would be honoured to help in the position of a Bulahdelah Central School Primary Captain.

**Shannon Powick**

I will support my school with Participation, Respect, Innovation, Determination, Excellence and Pride.



**Blake Richardson**

I would like to be Captain as I would feel privileged to represent Bulahdelah Central at events such as at the Young Leaders' day. I believe I would be a good Captain as students can look up to me as a role model.



**Westleigh Richardson**

I am willing to complete every task from inside the class to everyday life situations. I will make sure that every student gets what they deserve. I will also take seriously the duties and responsibilities of being a Captain.



**Luke Rinortner**

I just think I will be a great Captain once I start to pick up on all of the bad things I've done and turn them into good things.



**Ben Saunders**

I will do what I'm told and will read my speech and won't get embarrassed and will not misbehave. I will do my best and clean the playground when there is heaps of rubbish. I will not have a sook if I don't get Captain, but I would like to be Captain.



**Miranda White-McDougall**

I would like to be Captain because I have always wanted to be a Captain. My friends think of me as a fun, caring and friendly person. I always go out of my way to help people. When there is a new student at our school I try to make friends with them. If someone is bullied I stick up for them and tell the teacher. If any of my fellow students or teachers are reading this please vote for me!



## Removing head lice and nits



### At a glance:

- Head lice and nits only live on human heads.
- They don't care if the hair is long or short, clean or dirty.
- Head lice are an unavoidable fact of life for all school-aged kids.
- The best and cheapest way to remove them is with inexpensive conditioner and a nit comb.
- You will need to re-treat your child several times before all the eggs will be gone.

Mention head lice and most of us instantly develop an itch. You'll find these little critters at every school across Australia - and probably the world - at some point during the year.

While head lice and nits (the eggs of head lice) are certainly annoying and persistent, they're not dangerous. Here's everything you need to know to rid your kids of head lice and nits.

### Nitbusters' myth busters

- Kids with head lice don't always scratch. The only way to rule out infestation is to look carefully through your child's hair.
- Head lice are only found on the human head.
- Head lice and nits live in long, short, curly, straight, clean or dirty hair.

- They are not found on family pets.
- Shaving your child's head is radical and unnecessary!
- Head lice do not live on furniture, hats, bedding, carpet or anywhere else in the environment.
- Head lice don't leap or jump. They crawl from hair to hair, from one head to another.
- You may be able to help reduce transmission by tying girls' hair back and braiding it.
- Never use insecticides, methylated spirits or kerosene on your child's head.
- Some essential oils, including tea tree oil, can trigger a reaction in some people. Tea tree oil is a proven antiseptic, but its effectiveness as a head lice treatment has not been demonstrated.

## Removing head lice and nits

You'll need:

- a bottle of cheap hair conditioner
- a towel
- a thick tooth comb
- a fine tooth comb
- a roll of paper towels.

### Steps:

1. **Sit your child on a chair or stool** in front of you. Wrap a towel around their shoulders to catch conditioner spill. (You may want to put a video or TV show on, as this process can take a while.)
2. **Apply a cheap, pale coloured conditioner** generously to your child's hair. Work it through to coat every strand of hair. For long hair, it may be easier to tie one side of the hair off, and work in sections.
3. Head lice breathe through small openings along their abdomens. By coating the hair and therefore the louse in something thick and slimy, these openings close over, shutting down the louse's breathing for about 20 minutes – long enough for them to stay still and be combed out.

4. After you've applied the conditioner, use the large comb to part small sections of the hair, starting from the nape and working upwards toward the crown.
5. When the hair is detangled and manageable, use the fine lice comb and run through each section several times. Eggs are often found behind the ears and toward the back of the head. By combing from the bottom of the back of the head up, towards the top and front of the head, you're more likely to find the head lice.
6. After each comb out, wipe the conditioner on the paper towel. If your child has head lice, you will see them on the towel (they're a little like small, brown, chia or sesame seeds.)
7. Keep combing each section of hair until no further lice or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
8. Once you have combed and re-combed each section of hair, either re-plait or tie it back if it's long enough.
9. Head lice often congregate on the crown of the head, so it's not until you reach these last sections of hair that you'll find adult lice. However, heads that are severely infected will have adult lice everywhere.
10. **Repeat at least twice over the next few days**, until you can't find any more in the conditioner. You'll never be able to get all the head lice and eggs out the first time. However, in the days after your first treatment, the eggs will hatch and you'll be able to catch the crawling nymphs (young lice).

	2015	2016
<b>Term 1</b>	Tuesday, 27 <sup>th</sup> January to Thursday, 2 <sup>nd</sup> April	Wednesday, 27 <sup>th</sup> January to Friday, 8 <sup>th</sup> April
<b>Term 2</b>	Tuesday, 21 <sup>st</sup> April to Friday, 26 <sup>th</sup> June	Tuesday, 26 <sup>th</sup> April to Friday, 1 <sup>st</sup> July
<b>Term 3</b>	Tuesday, 14 <sup>th</sup> July to Friday, 18 <sup>th</sup> September	Monday, 18 <sup>th</sup> July to Friday, 23 <sup>rd</sup> September
<b>Term 4</b>	Tuesday, 6 <sup>th</sup> October to Wednesday, 16 <sup>th</sup> December	Monday, 10 <sup>th</sup> October to Tuesday, 20 <sup>th</sup> December



## REMEMBER!

to send in your Scholastic Book Orders by:

# Monday 24<sup>th</sup> November

Don't miss out on some excellent books, posters, games and fun things to make and do.





### ➤ BCS REL. DEPUTY PRINCIPAL:

On Friday 31<sup>st</sup> October, Bulahdelah Central held its own version of the Melbourne Cup (Bulahdelah Cup) and at the same time raised money for the Riding for the Disabled (Raymond Terrace and Nabiac groups). The students raised approximately \$290 for this organisation. Well done to all who participated on the day. The winners on the day were;



#### **Fashion of the Field**

Miss Sawtell (Prac. Art Teacher)  
Jaimii Gardner  
Ruby Keys  
Tamara Gooch  
Raelee Philpott  
Charlotte Collins  
(Pictured left)



#### **Race Winners**

Carl Williams,  
Ethan Schloeffel,  
Tom Ross,  
Miss Brewer  
(Pictured left),  
Joel Shelly,  
Jacob Whalen,  
Joshua Brown,  
Zac Fletcher.

The Year 12 cohort have finally finished their HSC exams and their formal will be held on Tuesday, 11<sup>th</sup> November. It will be nice to see them all dressed up at their last engagement as a year group. I wish them all the best when their results become available on 17<sup>th</sup> and 18<sup>th</sup> December and we wish them all the very best of luck in whichever direction their vocation takes them.

Year 10 have started their Yearly exams this week (10<sup>th</sup> – 14<sup>th</sup> November) and their enrichment programs are in Week 7. They should be also getting themselves organised with the work experience program in Weeks 8 and 9 (24<sup>th</sup> November – 5<sup>th</sup> December).

Years 7, 8 & 9 will be sitting their Yearly exams in Week 8 (24<sup>th</sup> – 28<sup>th</sup> November). As you can see, it is a busy few weeks for all students before the end of the year which is fast approaching.



Left: Tamara Gooch winner of fashion of the field.  
Right: Ellie Gooch School Captain





*Some very interesting characters turned up for the BCS Cup day!*



### ➤ IMPORTANT DATES:

<b>Nov</b>	10	Yrs7-10 Exams
	11	Yr12 School Formal
	14-15	Bulahdelah Show
	24	Yr10 Work Experience begins
<b>Dec</b>	2	MC Class Ten Pin Bowling
	5	Yr10 Work Experience finishes
	8	Yr8 Aztec & Indigenous Australians Exhibit
	8-10	Secondary Life Saving
	11	Primary End of Year Assembly
	12	Yrs 7-11 End of Year Assembly Matt Smith Memorial Concert

## ➤ REMEMBRANCE DAY:



Remembrance Day in Australia is dedicated to Australians who died as a result of war, particularly from World War I onwards. A minute of silence is dedicated to the deceased, especially for soldiers who died fighting to protect the nation. Remembrance Day is annually observed on November 11<sup>th</sup> although it is not a public holiday.

### **What do people do?**

Many Australians stop what they are doing at exactly 11am in their local times on November 11<sup>th</sup> each year to dedicate a minute of silence for those who died in war. Those who join in this act of remembrance include teachers, students, politicians and workers of public and private sector enterprises.

Many people wear artificial poppies on the day and key political figures make speeches in remembrance of the nation's fallen heroes. Services are held at 11am at war memorials in suburbs and towns across the country, at which the "Last Post" is played by a bugler and a one-minute silence is observed. Remembrance Day has been partly eclipsed by ANZAC Day as the national day of war commemoration.

### **Background**

According to the Australian Government's Cultural and Recreation portal, Remembrance Day, which was originally called Armistice Day, commemorated the end of the hostilities for the Great War (World War I), with the signing of the armistice, which occurred on November 11<sup>th</sup>, 1918 – the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month.

On the first anniversary of the armistice, in 1919, one minute's silence was instituted as part of the main commemorative ceremony. After the end of World War II in 1945, the Australian and British governments changed the name to Remembrance Day as an appropriate title for a day which would commemorate all war dead.

The year 2008 marked the 90th anniversary of the Australian attack at Villers-Bretonneux. On April 24<sup>th</sup>, 1918, Australian Imperial Force (AIF) soldiers attacked German forces that captured the French town of Villers-Bretonneux earlier that day. The action was successful, but the fighting was fierce, and many lives were lost on both sides.

### **Symbols**

Red poppies are worn on blazers, shirts, jumpers and other items of clothing on Remembrance Day to remember those who died during a war. Poppies were among the first plants that came from the battlefields of northern France and Belgium during World War I. Some people believed the popular myth that poppies were rich in their redness because they blossomed from grounds that were saturated with soldiers' blood.



# Believe it or Not! or Not!

*A cow drinks about a  
bathtub full of water  
every day.*

## Good for Kids good for life

### Fresh Tastes @ School

Our school is committed to implementing Fresh Tastes@school in our canteen. Fresh Tastes@school is a state-wide policy that determines the types of foods and drinks available for sale in school canteens.

All foods and drinks are grouped into one of three categories:

**Green foods** – Fill the menu. These foods are full of nutrients and should dominate the canteen menu. For example vegetables, fruit, reduced fat milk, lean meat, bread and cereals

**Amber foods** – Select Carefully. These foods are mainly processed foods and have some sugar, fat and salt added to them. They should not dominate the menu. For example: Full cream milk, fruit drinks, pizzas, chicken nuggets and pies.

**Red foods** – Occasional foods. These foods can only be sold twice per term and should not appear regular items on the canteen menu. For example confectionary and deep-fried foods.

Our school is being supported by the Good for Kids team to help make some healthy sustainable changes to our canteen menu.

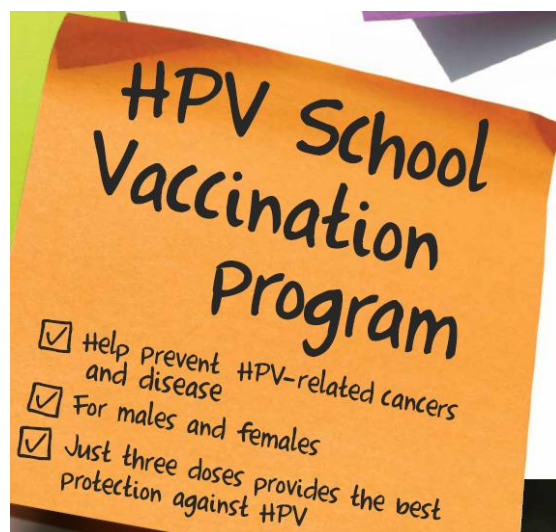
### Reference:

Good for Kids PICINIC resources



Health  
Hunter New England  
Local Health District

PHONE 1300 657 197



The last school-based vaccination clinic at school will be held on **Thursday 20<sup>th</sup> November**.

It is not too late for your Year 7 son or daughter, or Year 9 son, to receive missed vaccine doses offered during 2014. If you have not completed a consent form, please ask the school for one and send it back in time for the last clinic. Any missed vaccine, even a first dose of HPV (Human Papillomavirus Vaccination) can be administered at this last clinic. HPV is an expensive vaccine, and is only funded if the course is commenced in Year 7 at school.

**Hunter New England Population Health**

**Direct Contact Details**

Phone: (02) 49246477



**Primary would gladly accept  
any old  
newspapers/magazines you  
may want to get rid of.**

#### **REMINDER**

The Department of Education and Communities will not accept any absence reason if the absence(s) is more than **seven (7) days old**. Please telephone the office daily to advise of an absence and then send your absence note the first day your student returns to school. Thank you for your cooperation.